



Worksheet II, 'Mental Balance Spiritual Mastery' Lab Work

ACIM Lab Work Releasing Your Negative Polarized Belief Patterns

Polarized thought-patterns are the negative beliefs the ego uses to maintain its influence and control over us. They are ego lies of limitation that create doubts, saying: "God, I want to see and defend myself my way". Letting go of these "polarized patterns" releases us from our mis-perceptions and negative beliefs about self. They are 'negative core values,' mostly subconscious and as we say "yes" to the Holy Spirit's releasing them, only Love's Positive Defenses remains--allowing the truth to be yours.

Poles Dealing With:	*Lesson	Column 1	Column 2	Column 3	Column 4	Column 5	Column 6	Column 7	Column 8	
		Personal	Family	Friends	Acquaintances	Heard of	Superbly-Natural	Etheric	Mind of God	
Contrasting Polarities To The Truth In God	People Patterns	98	1) Abandoned	1) Abandoned	1) Abandoned	1) Abandoned	1) Abandoned	1) Abandoned	1) Abandoned	1) Abandoned
		98	2) Abusive	2) Abusive	2) Abusive	2) Abusive	2) Abusive	2) Abusive	2) Abusive	2) Abusive
		98	3) Betrayed	3) Betrayed	3) Betrayed	3) Betrayed	3) Betrayed	3) Betrayed	3) Betrayed	3) Betrayed
		157	4) Criticizing	4) Criticizing	4) Criticizing	4) Criticizing	4) Criticizing	4) Criticizing	4) Criticizing	4) Criticizing
		315	5) Dejected	5) Dejected	5) Dejected	5) Dejected	5) Dejected	5) Dejected	5) Dejected	5) Dejected
		285	6) Disrespected	6) Disrespected	6) Disrespected	6) Disrespected	6) Disrespected	6) Disrespected	6) Disrespected	6) Disrespected
		147	7) Hopelessness	7) Hopelessness	7) Hopelessness	7) Hopelessness	7) Hopelessness	7) Hopelessness	7) Hopelessness	7) Hopelessness
		132	8) Vicious	8) Vicious	8) Vicious	8) Vicious	8) Vicious	8) Vicious	8) Vicious	8) Vicious
	Patterns w/ Places	144	1) Imprisoning	1) Imprisoning	1) Imprisoning	1) Imprisoning	1) Imprisoning	1) Imprisoning	1) Imprisoning	1) Imprisoning
		224	2) Inhibiting	2) Inhibiting	2) Inhibiting	2) Inhibiting	2) Inhibiting	2) Inhibiting	2) Inhibiting	2) Inhibiting
		186	3) Judged	3) Judged	3) Judged	3) Judged	3) Judged	3) Judged	3) Judged	3) Judged
		197	4) Intimidated	4) Intimidated	4) Intimidated	4) Intimidated	4) Intimidated	4) Intimidated	4) Intimidated	4) Intimidated
		136	5) Lonely	5) Lonely	5) Lonely	5) Lonely	5) Lonely	5) Lonely	5) Lonely	5) Lonely
		142	6) Lost/Separated	6) Lost/Separated	6) Lost/Separated	6) Lost/Separated	6) Lost/Separated	6) Lost/Separated	6) Lost/Separated	6) Lost/Separated
		247	7) Love Unreceived	7) Love Unreceived	7) Love Unreceived	7) Love Unreceived	7) Love Unreceived	7) Love Unreceived	7) Love Unreceived	7) Love Unreceived
		141	8) Powerless	8) Powerless	8) Powerless	8) Powerless	8) Powerless	8) Powerless	8) Powerless	8) Powerless
	Patterns w/ Things	27	1) Robbed	1) Robbed	1) Robbed	1) Robbed	1) Robbed	1) Robbed	1) Robbed	1) Robbed
		14	2) Unsafe	2) Unsafe	2) Unsafe	2) Unsafe	2) Unsafe	2) Unsafe	2) Unsafe	2) Unsafe
		33	3) Untrusted	3) Untrusted	3) Untrusted	3) Untrusted	3) Untrusted	3) Untrusted	3) Untrusted	3) Untrusted
		194	4) Unknown	4) Unknown	4) Unknown	4) Unknown	4) Unknown	4) Unknown	4) Unknown	4) Unknown
		166	5) Unimportant	5) Unimportant	5) Unimportant	5) Unimportant	5) Unimportant	5) Unimportant	5) Unimportant	5) Unimportant
		222	6) Useless	6) Useless	6) Useless	6) Useless	6) Useless	6) Useless	6) Useless	6) Useless
		314	7) Worthless	7) Worthless	7) Worthless	7) Worthless	7) Worthless	7) Worthless	7) Worthless	7) Worthless
		242	8) Limiting	8) Limiting	8) Limiting	8) Limiting	8) Limiting	8) Limiting	8) Limiting	8) Limiting

Working Question Reference: Which Row, Person, Place or Thing? Which Column/Relationship Pattern? Determine negative pole? Can I release? How? Am I complete?

Clarity Statement: In dealing with _____ (row), concerning my A/B _____ (column), I release the polarity of my beliefs/feelings of _____ (neg. pole).

A. Negative Thought Patterns (Unclear sustained beliefs) B. Negative Hidden Patterns (subconscious beliefs, inherited beliefs)